

## ABSTRACT OF THE DISCLOSURE

A photographing apparatus and a photographing method for obtaining a proper photographing result even in an environment where it is influenced by natural light are provided. A photographing apparatus 10 for photographing an object has: an illuminating unit 20 which irradiates light of a wavelength of a small energy in the natural light to an object; and a photographing unit 30 which obtains reflection light of the light which has been irradiated from the illuminating unit and reflected by the object and obtains a video image of the object on the basis of the obtained reflection light.